



# PE Curriculum Plan Overview



## Year 7B

Term	Topic	Key Words	Learning	How can parents' best support
<b>Autumn 1</b> <b>Topic: Local Community</b>	<b>Fitness Testing</b>	<b>fitness</b> <b>activity</b> <b>strength</b> <b>timing</b> <b>power</b> <b>speed</b> <b>agility</b>	Students will complete the BBC Blueprint fitness tests and analyse levels of fitness for the following components of fitness: <ul style="list-style-type: none"><li>• Cardiovascular endurance,</li><li>• Strength,</li><li>• Power,</li><li>• Speed,</li><li>• Agility,</li><li>• Coordination.</li><li>• Link components of fitness to sports and activities.</li></ul>	Discuss what tests are completed for different components of fitness, research the BBC Blueprint test online.
<b>Assessment:</b>				
<b>Autumn 2</b> <b>Topic: Changes and Transformations</b>	<b>Tennis</b>	<b>court</b> <b>racquet</b> <b>serve</b> <b>rally</b> <b>rules</b> <b>forehand</b> <b>backhand</b>	Students will learn the following skills: <ul style="list-style-type: none"><li>• Ball &amp; racquet control,</li><li>• Track it with your racquet</li><li>• Underarm serve</li><li>• Forehand/backhand shot,</li><li>• Game play</li></ul>	Watch a Table Tennis and/or match and name the different shots a player uses.  Practice the skills in your garden, local park or even the beach!
	<b>Table Tennis</b>	<b>table</b>	Students will learn the following skills:	

		<p>paddle serve rally rules forehand backhand</p>	<ul style="list-style-type: none"> <li>• Setting up tables</li> <li>• Basic rules</li> <li>• Backhand bounce serve</li> <li>• Backhand/Forehand push shot</li> <li>• Rallies</li> <li>• Game play</li> </ul>	
<b>Assessment:</b>				
<p><b>Spring 1</b></p> <p><b>Topic: Charity</b></p>	<b>Gymnastics</b>	<p>travelling roll sequence partner work movement collaboration balance unison apparatus</p>	<p>Students will develop gross motor, planning and coordination skills and cover the following topics:</p> <ul style="list-style-type: none"> <li>• Balances: partner, group and small apparatus.</li> <li>• Exploring elementary travel: including turns.</li> <li>• Elementary flight linked with small apparatus</li> </ul>	<p>Watch a gymnastic performance and name the different elements a performer includes in their sequence, e.g., forward roll.</p>
<b>Assessment:</b>				
<p><b>Spring 2</b></p> <p><b>Topic: Significant people and events in history</b></p>	<b>Basketball</b>	<p>teamwork rules regulations bounce pass coordination communication travelling overhead dribbling score</p>	<p>Students will develop hand-eye coordinations and understanding of rules of play through learning the following passes:</p> <ul style="list-style-type: none"> <li>• Chest</li> <li>• Bounce</li> <li>• Overhead</li> <li>• Key points of dribbling the ball</li> </ul>	<p>Watch a game of basketball and name the different skills a player uses.</p> <p>Practice these skills in the garden, beach or park</p>

			<ul style="list-style-type: none"> <li>• Basic rules of basketball</li> </ul>	
<b>Assessment:</b>				
<b>Summer 1</b> <b>Topic: My World</b>	<b>Athletics</b>	<b>sprint</b> <b>run</b> <b>team work</b> <b>partner work</b> <b>positional language</b> <b>(on, in, under etc.)</b> <b>ordinal language</b> <b>(first, second, third</b> <b>etc.)</b> <b>long jump</b> <b>discus</b> <b>javelin</b> <b>rules</b> <b>measure (metres,</b> <b>cm, mm)</b>	Students will develop their knowledge and understanding of the Olympics, develop gross motor skills and coordination and demonstrate basic technique for: <ul style="list-style-type: none"> <li>• Shot Putt</li> <li>• Javelin</li> <li>• Discus</li> <li>• Long Jump</li> <li>• Triple Jump</li> <li>• Sprinting</li> <li>• Distance running</li> </ul>	Watch highlights of the Olympics and watch the different disciplines that your child attempts at school.
<b>Assessment:</b>				
<b>Summer 2</b> <b>Topic: sustainability</b>	<b>Rounders</b>	<b>base</b> <b>bat</b> <b>scores</b> <b>clockwise/anticlock</b> <b>wise</b> <b>team</b>	Students will develop their knowledge skills and understanding of rounders and collaborate with peers in this team game  Students will cover the following skills: <ul style="list-style-type: none"> <li>• Basic throwing technique underarm</li> <li>• Basic catching technique underarm</li> </ul>	Watch videos clips of the skills covered in the cricket/rounders unit.  Play a game of rounders in the park, garden or beach!

		<b>roels</b> <b>bat</b> <b>bowl</b> <b>underarm</b> <b>battling grip</b> <b>throwing</b>	<ul style="list-style-type: none"><li>• Batting grip</li><li>• Basic rules of the game</li></ul>	
--	--	---	--	--